

News & Notes

ADDITIONAL SEASONAL SAFETY TIPS

The following are some more seasonal safety tips:

Watch for children. School is back in session, so watch street corners for children waiting for buses and make sure you follow correct driving regulations when it comes to stopping for school buses. Children also like playing in piles of leaves. Be safe in neighborhoods where leaves may pile up.

Be safe driving in the dark and bright sunshine. The amount of daylight decreases through autumn and winter, which means you'll spend more time driving in the dark. Make sure you're using your headlights correctly and focus on your route. You'll also need to be careful in the morning. This time of year, the bright sunshine typically rises during morning rush hour. Have sunglasses on hand to protect your eyes.

Put together an emergency kit for your car. You never know when car trouble could arise. You may find yourself stuck on the side of the road in the rain, snow, or at night. Put together a first aid kit, a flashlight, jumper cables, a blanket, and other devices and items you think might be helpful.

Practice good ladder safety. Whether you're doing yard work or hanging seasonal decorations, you will likely use a ladder this time of year. Make sure it's the correct height for the task at hand, it should be placed on level ground at all times, avoid stepping on the top rungs, and follow other safety rules. Be aware of power lines.

Get a flu shot and prepare for other illnesses. Protect yourself and those around you from becoming sick. Many pharmacies and walk-in clinics are available to give you a flu shot. Washing your hands on a regular basis will get rid of germs. Avoid going to work or school when you're sick. Your co-workers and fellow students will thank you.



THANKSGIVING RIDDLES

- 1) What are unhappy cranberries called?
- 2) What sound does a space turkey make?
- 3) What would you call a pet squash?
- 4) Why didn't the turkey eat dessert?
- 5) Why did the pilgrim eat a candle?
- 6) Why do turkeys gobble, gobble?
- 7) What cat discovered America?

Answers on page 2 Safety Bits & Pieces

November is Lung Cancer Awareness Month

Safety Matters

Happy Thanksgiving!



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Seasonal Safety Tips

While safety is important throughout the entire year, there are a few safety precautions to take as we enter the cool autumn and winter seasons.

Avoid burning leaves.

Burning leaves is illegal in some areas. It also releases dangerous chemicals into the air, so try to find another way to get rid of them. If you must dispose of leaves this way, protect your face and do it far from your home. Also use caution if it's windy outside. And while raking those leaves, you can prevent an aching back by standing upright, pulling from your arms and legs, and bend at the knees to lift something.

Change smoke alarm batteries.

The batteries should be changed twice per year. Many people use Daylight Savings Time as an easy way to remember to change smoke alarm and carbon monoxide detector batteries.

Make sure your heater is working.

Before it gets too chilly, turn it on to test and make sure it sufficiently heats up your house. If it seems weak or isn't working at all, call a professional. You don't want to get stuck in a bind when the weather hits freezing temperatures.

Be careful with space heaters.

They may be small, but they pack a powerful punch, able to heat one area or room on their own. Make sure there is plenty of space around the heater so it can vent and you don't want it to accidentally set something close to it on fire. Don't leave a space heater unattended.

Candle safety.

While candles give off a great aroma and a soft glow, they are definitely fire hazards. Keep them away from flammable materials, light them in a place where kids or pets can't knock them over, and make sure to blow them out before leaving your house or going to sleep. The National Candle Association reports that almost 10,000 home fires per year start with faulty candle use.

Watch for poor weather conditions while driving.

Rain, snow, fog, ice, and wet leaves are only a few dangers you may encounter on the road over the next few months. Roads can become slippery and visibility decreases in poor conditions, making pedestrians, bicycles, animals, and road signs hard to see.

For additional seasonal safety tips please see the sidebar "News & Notes."



"Main menu. Please listen carefully as my grades have changed..."

SAFETY TIPS OF THE MONTH

Here are some safety tips for walking on snow or ice:

- 1) Take short steps or shuffle for stability. Keep your hands out of your pockets.
- 2) Bend slightly forward & walk flat-footed with your center of gravity directly over your feet.
- 3) Be prepared to fall. If you fall, fall with sequential contacts at your thigh, hip and shoulder. Avoid using outstretched arms to brace yourself.
- 4) Bend your back and head forward to avoid hitting your head against the ground.

Safety Bits & Pieces

THANKSGIVING SAFE FOOD HANDLING

The U.S. Department of Agriculture (USDA) offers these tips for a food safe Thanksgiving:

Tip 1: Don't wash that turkey! USDA does not recommend washing raw meat and poultry before cooking. Washing raw meat and poultry can cause bacteria to spread up to three feet away. Cooking (baking, broiling, boiling, frying or grilling) meat and poultry to the right temperature kills any bacteria that may be present, so washing meat and poultry is not necessary.

Tip 2: Use the refrigerator, the cold-water method or the microwave to defrost a frozen turkey. There are three safe ways to defrost a turkey: in the refrigerator, in cold water and in the microwave oven. Thawing food in the refrigerator is the safest method because the turkey will defrost at a consistent, safe temperature. It will take 24 hours for every 5 pounds of weight for a turkey to thaw in the refrigerator. To thaw in cold water, submerge the bird in its original wrapper in cold tap water, changing the water every 30 minutes. For instructions on microwave defrosting, refer to your microwave's owner's manual. Cold water and microwave thawing can also be used if your bird did not entirely defrost in the refrigerator.

Tip 3: Use a meat thermometer. The only way to determine if a turkey (or any meat, poultry or seafood) is cooked is to check its internal temperature with a food thermometer. A whole turkey should be checked in three locations: the innermost part of the thigh, the innermost part of the wing and the thickest part of the breast. Your thermometer should register 165°F in all three of these places. The juices rarely run clear at this temperature, and when they do the bird is often overcooked. Using the food thermometer is the best way to ensure your turkey is cooked, but not overdone.

Tip 4: Leftovers are good in the refrigerator for up to four days. Take the turkey off the bone and refrigerate it as soon as you can, within 2 hours of the turkey coming out of the oven. Leftovers will last for four days in the refrigerator, so if you know you won't use them right away, pack them into freezer bags or airtight containers and freeze. For best quality, use your leftover turkey within four months. After that, the leftovers will still be safe, but can dry out or lose flavor.

THANKSGIVING RIDDLES ANSWERS

- 1) Blueberries!
- 2) Hubble! Hubble! Hubble!
- 3) Call it anything you want - it won't hear you!
- 4) He was stuffed!
- 5) He wanted a light snack!
- 6) They never learned good table manners!
- 7) Christofurrry Columbus

STOP DIABETES!
NOVEMBER IS
AMERICAN DIABETES MONTH



ON THE LIGHTER SIDE



AUTUMN DRIVING TIPS

Fall is a time for hay rides, leaf peeping and pumpkin picking. It's also a time when road and weather conditions make getting there a little tougher.

Stay safe on the road this season with these smart driving tips:

Don't brake on leaves. Wet leaves can be as slippery as ice. Drive slowly through them and avoid hard braking. Leaves may obscure lane lines and other road markers, so pay attention to the edge of the road and take care to stay in your lane.

Avoid sun glare. On and near the autumnal equinox (which fell on September 23 in 2019), the first 15 to 45 minutes after sunrise and before sunset can make for more difficult driving due to sun glare. The sun perfectly aligns with east/west roadways during this time. Grab a good pair of sunglasses for the daytime, keep your windshield clean and use north/south streets or streets with tree cover when possible, says the National Weather Service.

Use your rain smarts. During fall, many cities see increased rainfall. When it's raining, be sure to maintain a safe distance from the car in front of you, as the wet roads may be more slippery than usual and you may be at higher risk of hydroplaning. Use your low beams or fog lights (never high beams) in fog conditions.

Be careful on bridges. As the temperature begins to drop, morning frost can leave icy patches on bridges, overpasses and shaded spots on the road. Slow down.

Adjust your eyes. We lose 1 to 2 minutes of daylight daily after the autumnal equinox according to the National Weather Service. After leaving home or the office and before hitting the gas pedal, give your eyes time to adjust to the dark. It takes them between 2 and 5 minutes to start adjusting.

Watch out for deer. Autumn marks the beginning of deer breeding season and they will be more active in areas near the road. Deer are most active during sunset and sunrise so be extra watchful when driving near the woods and near deer crossing signs.

Make sure your vehicle is up to the task. That means you should:

- Check your tire pressure. Tires lose 1 to 2 pounds of pressure for every 10-degree temperature drop.
- Replace your windshield wipers. A really clean window can help you see when there's glare.
- Adjust your headlights. If your headlights seem too dim, ask your mechanic to make sure they're aligned properly.



QUOTATION OF THE MONTH



LADDER SAFETY

Decorating for the holiday season, whether inside or outside, often involves the use of ladders. Falling from a ladder is one of the most common causes of injury. Here are several tips for year round ladder safety:

- Before climbing any ladder make sure you are wearing slip-resistant shoes.
- Carefully inspect the ladder for defects, checking for cracks, corrosion and that bolts and rivets are secure. Tag and remove unsafe ladders from service.
- Make sure the ladder's feet work properly and have slip-resistant pads.
- Make sure the ladder is dry and clean.
- Do not exceed the weight rating for the ladder.
- Use a fiberglass ladder if there is any chance of contact with electricity.
- When setting the ladder, look for a safe location with firm, level footing and rigid support for the top of the ladder.
- When placing your ladder, remember the four-to-one rule: for every four feet of height you have to climb, move the base one foot away from the wall.
- When climbing off a ladder at an upper level, make sure the ladder extends 3 feet above the landing.
- When climbing the ladder, use three points of contact — keep 1 hand and both feet or both hands and 1 foot in contact with the ladder at all times.
- Never carry any load that could cause you to lose balance.
- Never stand above the second rung from the top of a ladder.
- Don't pull, lean, stretch or make sudden moves on a ladder that could cause it to tip over. A scaffold or other safe working surface may be a better choice for your task.
- Avoid setting the ladder near exit doors, near the path of pedestrian or vehicular traffic.

